

Day 10

Get Motivated

This activity is designed to make you feel more relaxed and confident in general. Learning English is just a nice, added extra.

Also, this exercise can help remind you why you are working to improve your English. Sometimes, it can feel like you are not improving, or it is too difficult. Listening to a motivational speaker or guided meditation can remind you of your 'why'.

Select one of the videos or audios from the 'Useful Resources' section. Sit quietly and listen for 10 minutes.

Spend 10 minutes writing down 'why' you want to improve your english

Alternative - Think about your biggest successes in life. What have been your greatest achievements. Write some notes. Then voice record yourself describing what you did to achieve these results.

Optional Extra - You can do both tasks if you have time today.

Useful Resources

Molly's Mornings - Daily 10 Minute Meditation

Matthew McConaughey (Difficult Accent!)

Get Comfortable Being Uncomfortable

Motivation Notes

Why do you want to improve your English?

What are your biggest successes / achievements?